

# 30-40% of the world population affected by one or more allergic conditions\*

## KNOW YOUR ALLERGY SYMPTOMS

### 1. What symptoms do you experience?

- Sneezing  Blocked or Runny nose  Itchy, watery, red eyes  Itchy, dry skin   
Wheezing / Breathing difficulty  Itchy throat or nose  Diarrhoea / Stomach pain

### 2. Where and what time do your symptoms occur?

- Indoor  Outside  Both  ..... Morning / Evening

### 3. What time of year do your allergies occur?

- Autumn  Spring  Winter  Change of season  Year-round

### 4. Do you miss your daily activities due to these symptoms?

- Yes  No

### Make note of these things in your diary and discuss with your Doctor

Other symptoms like: Irritation of nose, Head pain/migraine, Tired sensation, Irritability, Pain of unknown origin, Any form of mental disturbance, Confusion, Dizziness, Menstrual irregularity, Abnormalities in blood, Headaches, Muscle pain, Joint aches, Sleep difficulties, Food intolerances. But problems may also occur, especially with drug or food-related allergies.

## MEASURES TO CONTROL YOUR ALLERGY TRIGGERS

### Outdoor

- Wear nasal mask when ever needed to go outdoor.
- Wear glasses or sunglasses to prevent pollen entering the eyes.
- Keep windows and doors closed, both during the day and at night.
- Use air conditioning.
- Cut your grass in garden regularly. Wear a pollen or dust mask while working in the garden.
- Avoid bringing pollen back into your home when you go outdoors.
- Take a shower and change clothing after you work or play outside.
- Do not dry clothes outdoor. Dry them in a vented dryer or inside.

### Indoor

- Avoid dust from entering home. Go for regular vacuumcleaning.
- Don't use dry broom for cleaning, in case of non availability of Vacuum cleaner, prefer washing home with water instead of dry Broom.
- Clean dust with wet swipes.
- Wash bedding every week in hot water.
- Keep all areas of your home well ventilated, especially the moist places, basement & bathrooms.
- Keep dander down by not allowing pets inside your bedroom.
- Keep pets off upholstered furniture and wash the pet weekly.
- Reduce indoor humidity with a de-humidifier.

## TREATMENT OPTIONS

Consult your Doctor for better treatment.

**Antihistamines** - These drugs block the action of Histamine at the H1 receptor sites, thus brings down swelling, relieves rashes, helps with mild pain and itching

**Dehumidifiers** - Brings down the moisture level in your home, making it unfriendly to dust mites.

**Wash nose** by 1% of saline solution, helps dissolve secretions and decrease the risk of courting in the sinus cavities. It relieves nasal congestion and restores free breathing through the nose.

Apart from these, other treatment options are Decongestants, Anticholinergic & Steroid Nasal Allergy Sprays, Leukotriene inhibitors, Allergy Shots etc.



\* World Book on Allergy, 2012, 2010

Issued in public interest by the makers of **Allergostop**™

